







Power Panther shows Change is Good!

Now that you have read the comic, see if you can answer these questions about it!

1. What does the girl ask the Power Panther at the beginning of the story?

- a) How to get an "A" on her math test.
- b) How to be the best volleyball player in school.
- c) Where he gets his energy to play so much.

2. What does the Power Panther tell her?

- a) He studies hard to get good grades.
- b) He has good balance.
- c) He gets plenty of sleep each night.

3. What does the Power Panther mean by "balance"?

- a) Start taking gymnastic classes.
- b) If you want to play hard, then you need to eat smart, and when you eat smart, you have the energy to play hard.
- c) He never explains it.

4. What does the girl do?

- a) She starts eating fruits, vegetables, whole-grains, and low-fat milk, and makes sure she is physically active every day.
- b) She sits down and watches her favorite TV program.
- c) Goes to a friend's house to do homework.

5. What happens to the girl after she begins doing this?

- a) She learns how to sew.
- b) She goes on vacation with her family.
- c) She has more energy to play and do things with her family.

6. List two things you could do to balance your day with food and play.